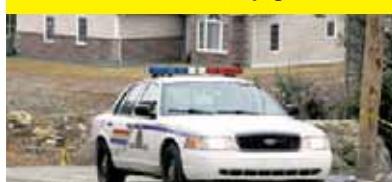


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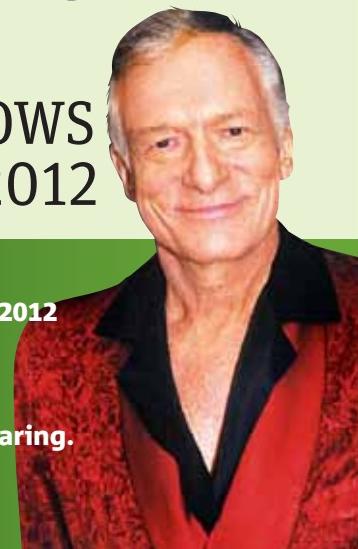
COUncILLOR SAYS HRM MUST IDENTIFY ROOTS OF HOMICIDE PROBLEM {page 3}



INTERNATIONAL PLAYBOY

NO MARRIAGE VOWS FOR HEFNER IN 2012

{page 11}



HALIFAX

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Wednesday, January 4, 2012
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News worth sharing.



► Team Russia celebrates Nikita Kucherov's goal as Canada goalie Mark Visentin looks on during the third period of last night's semifinal at the World Junior Hockey Championship in Calgary.

NATHAN DENETTE/THE CANADIAN PRESS

Canadian comeback falls short

A furious comeback in the third period wasn't enough as Canada lost 6-5 to Russia in semifinal action Tuesday at the World Junior Hockey Championship. Story, page 15.

Rahman denies hurting his baby

► Former couple differ in describing events leading to their baby's death ► Crown focuses on Rahman's relationship with Gomes

Ashiqur Rahman testified for the first time in a Halifax courtroom on Tuesday to give his version of events leading to the death of his infant child, Aurora Breakthrough.

The 26-year-old denied shaking or otherwise physically harming his daughter, who was seven weeks old when she died at the IWK Health Centre in July 2009.

Rahman told the Nova Scotia Supreme Court he had very little opportunity to even physically interact with the infant — with his partner and the baby's mother, Jane Gomes, doing the lion's share of the child care while he focused on his software business.

"Mr. Rahman, what opportunity did you have to physically harm your daughter Aurora between June 6 and July 23, 2009?" asked Rahman's defence lawyer, Don Murray.

"Very, very limited," Rahman responded, indicating he was only alone with the child for a signifi-



RYAN TAPLIN/METRO

"(Jane Gomes) was the boss of the baby care, so I would follow exactly what she said."

ASHIQUR RAHMAN TESTIFIED ON TUESDAY

ly from that of Gomes. Gomes testified against Rahman in December that he slapped and shook their baby when he became frustrated with her crying. Gomes said that, in one incident, Rahman grabbed Aurora by the hands and feet and shook her repeatedly — a charge Rahman denies.

Gomes pleaded guilty to failing to provide the necessities of life to her daughter, and received six months probation in a deal that included her testimony against Rahman.

In a brief interview leaving the court on Tuesday, Murray said he felt that it was important for his client to take the stand.

"I think he's got an essential part of the story to tell, so this was his opportunity, the first time in two and a half years to do so," he said.

Rahman is charged with manslaughter and aggravated assault in relation to his child's death. ● ALEX BOUTILIER

cant period of time twice in her life.

When asked if on either of those occasions he did anything to hurt the child, he answered with a flat "no."

His testimony diverged great-



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HRM needs to get handle on murder problem: Coun.

- Eleven of 17 homicides in the region last year were solved
- There are 55 unsolved homicides in municipality going back to 1955



JENNIFER
TAPLIN
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At 17, it was a record year for homicides in HRM and something needs to be done about it, says Coun. Steve Streatch, who sits on the municipality's police commission.

"I think the commission and the chief need to get a real handle on what's taken place," Streatch said Tuesday.

"I'm not so sure just throwing money at something is enough. I think there's a systematic problem here or something that we're missing, and we need to identify that."

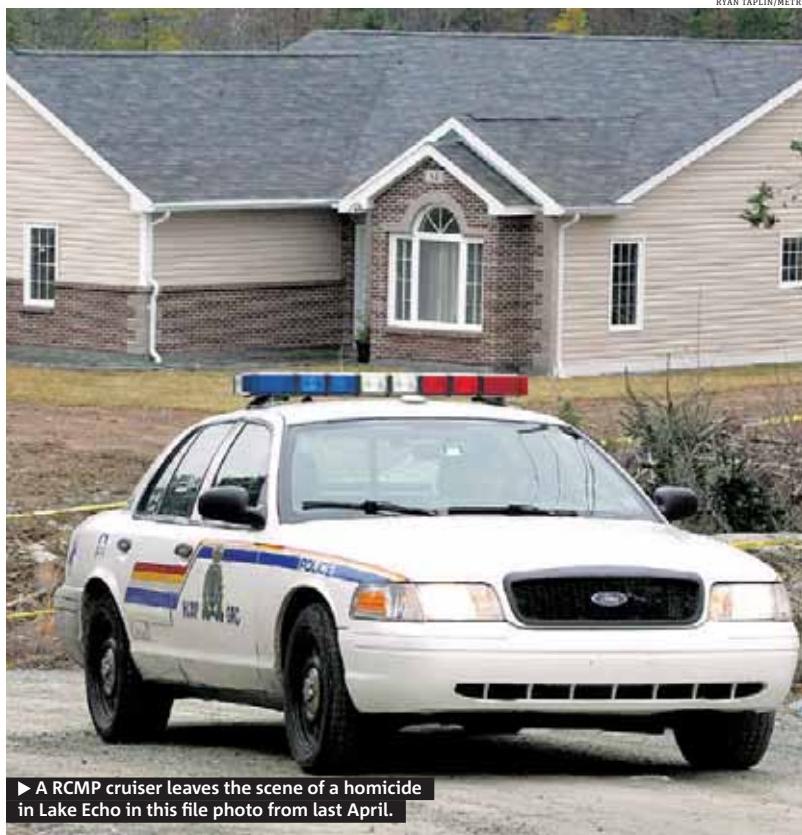
At the commission meeting next week, Streatch said he'll be looking for answers.

It's now budget season, and Streatch said the police budget will be hammered out in the next few months. He said he would not support an increase.

"We didn't have a reputation as a violent city with rampant crime, but something has changed and I think we're missing the boat," he said.

Halifax Regional Police Chief Frank Beazley said 2011's homicide count was definitely a spike but the number includes two nursing-home deaths that were reclassified as homicides by the medical examiner.

And when the overall



► A RCMP cruiser leaves the scene of a homicide in Lake Echo in this file photo from last April.

"To say I'm surprised we're at the number we're at (last) year, yes I am."

HALIFAX REGIONAL POLICE CHIEF FRANK BEAZLEY

crime stats for 2011 are released in February, Beazley said he projects the numbers will be down "fairly significantly."

"What we've had here

is 17 crimes that are unusual for us, but when you look at the activity of a city of this size with the social issues this city faces, you can always expect in

any given year there will be a certain number of homicides."

Beazley said he's not concerned about the budget and the municipality fully understands homicides are the most serious types of crimes any city can experience.

Police chief lays out 2012 plan

There's not much police can do to stop spontaneous murders, the chief of Halifax Regional Police says.

Frank Beazley said most homicides involve people known to each other, and happen inside their homes or in other buildings.

"There's no predictability to homicide but there's always a few things that always impact homicides," he said.

Beazley noted most homicides involve alcohol, drugs and involvement in criminal activity, and some involve mental-health issues.

In the past three years, guns and violence have been on the rise among rival drug gangs and criminals, he added.

Seven of last year's homicides were linked to criminal activity.

In 2012, Beazley said there will be more searches in suspects' homes and police will continue to analyze where the guns are coming from.

"We will be spending a great deal of time targeting people involved in the drug trade and we'll be making special efforts to deal with people who are unlawfully in possession of firearms," Beazley said.

Police will also work with the province to deal more effectively with domestic violence, as well as increasing their mental-health program and working closely with neighbourhoods.

● JENNIFER TAPLIN

1
news



Rebounding wolf population creating a 'landscape of fear' in Yellowstone, which is better than it sounds. Scan code for story.

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Utica, N.Y., police refute allegations of evidence-planting after footage from dashboard camera goes viral. More at metronews.ca/video



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Wildlife-care group opens vet hospital

Since Hope for Wildlife's inception in 1996, the number of patients has risen to more than 2,000 animals a year from 50 to 60



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As any paramedic would attest, getting an injured patient to medical care quickly is crucial.

Wounded animals are no different.

On Tuesday, Hope Swinimer, founder of the Hope for Wildlife Society in Seaforth, proudly opened up Nova Scotia's first wildlife-only vet clinic at its rehabilitation and education centre.

"Having the facility right here, it just means more timely treatment of the ani-

mals and they can be looked at the minute they get in the door," she said.

Previously, injured animals taken to Hope for Wildlife would have to go to either the Dartmouth Veterinary Hospital or the Metro Animal Emergency clinic — both over a half-hour drive away.

"One of the biggest killers of wildlife, once they come into our care, is stress, because wild animals aren't used to (being) around people and driving in vehicles," said Dr. Barry MacEachern, who works at the Dartmouth Veterinary Hospital and oversees the

"We get lots of fawns in every year where the mom was hit by a car and the baby is left behind."

HOPE SWINIMER

wildlife clinic.

"By having this facility here, right at the rehab, we're able to lessen the stress on the animals."

Almost all rescued animals need medical care due to injuries or because they're very young.

Swinimer said there is one full-time professional staffing the clinic but

hopes to have two. More than 100 volunteers, students and interns also help out at the society.

Hope for Wildlife cares for a variety of animals whether they have wings, paws or hooves.

Bald eagles, osprey and great horned owls are common, as are songbirds and seabirds. Raccoons, squirrels, foxes and otters also frequent the facility.

"In the summer we're just inundated with orphans, so tons of baby mammals, fawns, raccoons. Most everything we deal with is human-animal conflict," she said.

Weekend blaze ruled accidental

Fire officials have ruled a weekend blaze at a Dartmouth apartment building that has displaced more than 70 people as accidental.

Halifax regional fire spokesman Capt. Dave Melvin said Tuesday the igni-

tion source was a grinder being used to remove steel channels from old balconies during a renovation project.

He said the fire started on the third level outside the building.

Tenants were forced to

flee their residences after fire ripped through the building at 25 Arthur Street around 11 a.m. on New Year's Eve.

They won't be allowed to return for at least a few more days as the fire quickly spread, extensively dam-

Donations

► The Salvation Army announced Tuesday they are now accepting donations for those tenants displaced by fire.

aging the building's back-side and roof.

● METRO

Police search for shooting suspect



Halifax Regional Police have charged a man with attempted murder in the shooting of a teenage boy, but are still searching for the suspect.

Police are asking the public for help in finding Jerrell Ervin Shephard, but say he is considered armed and dangerous and should not be approached.

The 18-year-old also faces a number of weapons-related charges.

The victim, a 16-year-old boy, was shot early Sunday morning near a bus terminal at the Dartmouth Sportsplex.

Police say the victim was walking with friends when he was approached by the suspect. He then engaged the victim in a conversation, according to police, which led to a confrontation and shots being fired.

The boy's injuries are no longer considered life-threatening. ● METRO/WITH FILES FROM THE CANADIAN PRESS

Police issue warning after assault

Police are warning the public after a random, early-morning assault last weekend.

A 35-year-old woman was walking her dog on Deal Street in the Dutch Village Road area at 2 a.m. on New Year's Day when two women walked out of an outdoor apartment building

stairway and approached her.

"One of the women approached her and tried to instigate an argument with her, but (the victim) kept walking and was assaulted by the woman," said Const. Brian Palmer with Halifax Regional Police.

A second woman participated in the assault and referred to the other woman as her sister. They are described as between the ages of 18 to 24. ● JENNIFER TAPLIN

Electoral boundaries report planned

A commission has been created to review and make recommendations on electoral boundaries in Nova Scotia. The province says the eight-member commission will submit its final report to the attorney general by Aug. 31. On Friday, the Conservatives accused the government of squelching minority rights by altering electoral boundary rules. The Tories said an NDP-dominated committee approved changes leading to the elimination of four seats representing small populations of Acadians and African Nova Scotians. THE CANADIAN PRESS

Sexual assault case held over until March

The principal of a Nova Scotia high school charged with sexual assault has had his court case set over until March.

A lawyer for Doug Keyes appeared today on his client's behalf in Windsor provincial court.

Keyes also faces charges of sexual touching, breach of trust, using a computer system with intent to commit an offence and producing a false document.

The 51-year-old has been placed on administrative leave from Avon View High School in Windsor. THE CANADIAN PRESS



► Police attend the scene at the Queen's Sandringham estate in Norfolk, England, on Tuesday following the discovery of a body in the area.

Body discovered at Queen's estate

► Buckingham Palace officials are staying mum about the murder case ► Police keeping details confidential

A murder mystery with elements of an Agatha Christie whodunit is unfolding at the vast country estate where Queen Elizabeth and her family gathered in rural splendour to celebrate Christmas and New Year's.

British police said a young woman's body was found in the forest at Sandringham and they are treating it as a murder case.

An autopsy was conducted Tuesday, but the precise cause of death was not disclosed, and investigators have yet to establish the woman's identity.

The royal family is not implicated in the crime in any way.

The body was discovered by a dog walker on New Year's Day five kilometres from the elegant country home. Norfolk police said tests showed the body had been there for one to four months.

Police said a forensic pathologist determined that it was highly unlikely the death was from natural causes and there was no evidence of accidental injury.

Investigators hoped to use DNA to identify the woman.

The Queen and her husband, Prince Philip, celebrated the holidays at Sandringham with their children and grandchildren. The royal couple

were still at Sandringham on Tuesday, along with their youngest son, Prince Edward, and his wife, Sophie.

Part of the sprawling estate is open to the public, and the body was found at Ammer, a hamlet of several dozen people northeast of London.

"We are at the very early stages of the investigation and it could be a complex inquiry," Detective Chief Inspector Jes Fry said Tuesday.

Fry said authorities were examining missing-person reports and unsolved cases around the country to see if there were any possible links. **THE ASSOCIATED PRESS**

North Koreans stage rally in support of new leader

Pumping their fists and chanting, tens of thousands of North Koreans packed the snowy main square of the capital Tuesday to pledge their loyalty to new leader Kim Jong-un as the campaign to consolidate his power deepened.

State television also aired footage of Kim's recent visit to an elite tank unit with family and historical ties that showed him interacting with soldiers with ease and carrying out inspections much like father Kim Jong-il and grandfather Kim Il Sung did before him — footage that aimed to show off his youth and health and put his confidence and authority on display.

The rally and the footage were the latest steps in a carefully choreographed campaign to build support for North Korea's new leader that began the day news broke of Kim Jong-il's death last month.

Kim Jong-il died of a



► Thousands rally in Pyongyang on Tuesday.

heart attack on Dec. 17, leaving the nation of 24 million in the hands of his youngest son, who was a mystery even to the North Korean people until his emergence in September 2010 as his father's favoured successor.

Since Kim Jong-un, who is in his late 20s, was made a four-star general and a vice-chairman of the Central Military Commission of the Workers' Party, the campaign to groom him

Cult of personality

- In the documentary of his military visit Sunday, Kim Jong-un was dressed in a long dark overcoat similar to the coat his grandfather used to wear.
- He is shown in an exhibition room lined with black-and-white photos, among them an image of a young Kim Il Sung.
- The footage also served to illustrate the confidence of Kim, who mingled easily with soldiers and appeared to be giving them pointers.

has been swift.

North Korea has sought to highlight Kim Jong-un's heritage as heir to North Korea's founding fathers, underlining his physical resemblance to the late President Kim Il Sung and characterizing him as an "identical" extension of his father. **THE ASSOCIATED PRESS**

Businessman launches fund to battle French genocide bill

A wealthy French businessman has launched a €1-million fund to pay the fine of anyone convicted in France for denying that the killing of Armenians by Turks almost a century ago was a genocide.

Rachid Nekkaz, who previously offered to pay the fines of Muslim



► Rachid Nekkaz

women penalized for wearing a full-face veil, claims that the real target of the French bill is Islam, since Turkey is a Muslim country.

The French parliament has not yet made it a crime to deny that the 1915 killings by Ottoman Turks amount to genocide. The bill passed in the lower house on Dec. 22, prompting an angry Turkey to recall its ambassador and suspend contacts and military co-operation.

The bill, which allows for a jail term and a fine of up to €45,000, still needs Senate approval to become law.

THE ASSOCIATED PRESS

Indonesians put foot down over injustice

Indonesians have found a new symbol for their growing frustration at uneven justice in their young, democratic nation: Cheap worn-out flip-flops.

They have been dropping them off at police stations all over the sprawling archipelago to express outrage over the arrest and trial of a 15-year-old boy for lifting an old pair of white sandals from outside a boarding house used by police in northern Indonesia.

"This is insane," said Titis Anissa, a high school teacher in the capital, Jakarta, noting that government officials found guilty of plundering state coffers get off with a slap on the wrist. "And a young, poor boy takes a pair of \$3 sandals? Enough already!"

The boy snatched the shoes while he and several friends headed home from school in Palu, the capital of Central Sulawesi province, in November 2010.



► An Indonesian activist lines up pairs of sandals in Jakarta on Tuesday.

He was later interrogated and badly beaten by three officers, and faces up to five years in prison if found guilty — the same sentence given to many terrorists, drug pushers and rapists.

He will appear today before the court in Palu for the second hearing of his trial, which opened last month.

Indonesia has made tremendous strides since the ouster of longtime dictator Suharto just over a

decade ago, implementing sweeping reforms that have freed up the media, scrapped oppressive laws and given citizens the right to directly pick their leaders for the first time.

But the judicial system remains a weak point. The flip-flop case has captured headlines since the trial began and is one of the most popular trends on Facebook, Twitter and other social networking sites.

THE ASSOCIATED PRESS

Taliban move closer to peace with Qatar office

► Insurgents do about-face on U.S. talks ► U.S. seeks peace bargain before troops leave Afghanistan in 2014

The Taliban will open an office in the Persian Gulf nation of Qatar to hold talks with the United States, the insurgent group announced Tuesday, in an unprecedented step toward peace that could see the winding down of the 10-year war in Afghanistan.

Though American and Taliban representatives have met secretly several times over the past year in Europe and the Persian Gulf, this is the first time the Taliban have publicly expressed willingness for substantive negotiations with the U.S.

In recent months, the idea of a Taliban political office in the Qatari capital of Doha has become a cen-



► Afghan President Hamid Karzai could foil Taliban plans to open a Qatari office for peace talks.

istani pressure.

Asked about the Taliban announcement, White House spokesman Jay Carney welcomed "any step ... of the Afghan-led process toward reconciliation." He said "peace cannot come to Afghanistan without a political settlement."

But negotiations could falter if they do not sufficiently involve President Hamid Karzai and his government, which the Taliban have dismissed as a puppet regime.

Karzai's inner circle delayed last year's behind-the-scenes talks, and the Afghan leader only grudgingly agreed to the idea of the Taliban's setting up a liaison office in Qatar.

THE ASSOCIATED PRESS

tral element in U.S. efforts to draw the insurgents into such talks. The idea is to give the Taliban more legitimacy to negotiate in a location that presumably would at least partly shield them from Pak-

Cultivated. Life



► Bob Mazza, owner of Mazza Vineyards near North East, Penn., braves -9 C temperatures Tuesday to pick frozen vidal blanc grapes. Mazza and his crew expected to pick about 225 crates of grapes to make icewine.

CHRISTOPHER MILLETTE/ERIE TIMES-NEWS/THE ASSOCIATED PRESS

Reaping an icy harvest

Israelis, Palestinians to keep talking

No breakthroughs emerged Tuesday from the first meeting between Israeli and Palestinian negotiators since September 2010, the foreign minister of host Jordan said, adding the two sides agreed to continue meeting.

"The important thing is the two sides have met face-to-face," Nasser Judeh said.

Resumption of any kind of contact is seen as an achievement, though the sides remain far apart on borders, security, Palestinian refugees and Israeli settlements.

Palestinian President Mahmoud Abbas said the Palestinians have set a Jan. 26 deadline for talks to resume. "After that date, we will take new measures. These measures might be hard," he said.

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Led by the nose? Court ponders drug-dog case

► U.S. Supreme Court asked to decide whether dog's sniff amounts to unconstitutional police search

Franky the drug dog's supersensitive nose is at the heart of a question being put to the U.S. Supreme Court: Does a police dog's sniff outside a house give officers the right to get a search warrant for illegal drugs, or is the sniff an unconstitutional search?

Florida's highest state court has said Franky's ability to detect marijuana growing inside a Miami-area house from outside a closed front door crossed the constitutional line. The state's attorney general is asking the Supreme Court to reverse that ruling.

The judges could decide this month whether to take the case, the latest dispute about whether the use of dogs to find drugs, explosives and other illegal substances violates the Fourth Amendment protection against illegal search and seizure.

The case, Florida vs. Jardines, is being closely monitored by U.S. law-enforcement agencies, which depend on dogs for a wide range of policing duties.

"Dogs can be a police officer's best friend because they detect everything from marijuana or meth labs to explosives," said Kendall Coffey, a Miami lawyer.

On Dec. 5, 2006, Miami-Dade police and U.S. agents set up surveillance outside a house south of the city after getting a tip



that it might contain a marijuana grow-op. Det. Douglas Bartelt arrived with Franky, who quickly detected the odour of pot at the base of the front door. That sniff was used to get a search warrant. Joelis Jardines, now 39, was arrested and officers pulled 179 marijuana plants from the house. Jardines pleaded not guilty to trafficking and his attorney challenged the search

on constitutional grounds.

The Supreme Court has approved drug-dog sniffs in several other major cases, but those involved dogs that detected drugs in public places.

The Florida case involves a private residence. The high court has repeatedly said that a home is entitled to greater privacy than cars on the road or a suitcase in an airport.

THE ASSOCIATED PRESS

N.B. CAMPERS SEEK LEGAL ADVICE

Fredericton occupiers turfed

A small Occupy Fredericton camp was dismantled Tuesday, the end of one of the last such demonstrations in the country.

A city work crew quickly took down the encampment housing three protesters starting at about 5 a.m., Mayor Brad Woodside said.

Woodside had set a

deadline of Jan. 1 for the protesters to leave a small square near city hall and he said he warned them again during a final meeting on New Year's Eve that action would be taken.

"I said if there's no movement on your side ... and you insist on residing, that's unacceptable," he said in an interview. "I've tried to bring this to an amicable conclusion."

The camp had been in place since Oct. 15.

Woodside said he met with the protesters about 10 times in the two and a half months their

encampment was up.

Protester Arthur Taylor said the group will meet with a lawyer to consider their next move and raised the possibility of a legal challenge.

Most Occupy camps across Canada have been dismantled in recent weeks.

In Halifax, Occupy protesters filed complaints against police, alleging officers used excessive force during their Remembrance Day eviction from the Grand Parade.

THE CANADIAN PRESS

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New FAO head set to end hunger

► Graziano aims to implement Brazil's Zero Hunger programs globally

The new head of the UN food agency said Tuesday he expects food prices to stay volatile in 2012 — and more people to go hungry.

Jose Graziano da Silva, Brazil's former food security minister, took over as director-general of the Rome-based Food and Agriculture Organization on Jan. 1. He told reporters Tuesday his top priority was to make good on the agency's mandate: eradicate world hunger.

Graziano acknowledged that the anticipated recession in Europe could affect his effort, with countries possibly reneging on their annual FAO dues.

"There will be many more people getting hun-

gry, unemployed and we will need to find new ways to assist those governments," he said. Graziano said he expected that food prices wouldn't rise much but that they also wouldn't fall. THE ASSOCIATED PRESS

Snow Removal in HRM

The season of snow is upon us and the safety of residents is HRM's top priority. In times of inclement weather, HRM crews will be busy working to keep the streets and sidewalks in our neighbourhoods free from snow and ice for the protection of all residents.

Plan ahead! Prepare now by securing off-street parking for when the overnight parking ban is in effect. Keeping your vehicles off the street during a winter event will improve conditions for everyone's safety and will help HRM to meet service delivery standards for snow removal.

The winter parking regulations have changed for the 2011-12 season.

- the Parking Ban, which can be implemented anytime from Dec. 15 to March 31, will ONLY be enforced during declared snow and ice operations
- when the parking ban is in effect, it will run from **1 a.m. to 6 a.m.** – ending one hour earlier than in previous years
- weather conditions and clearing operations will determine how long an overnight ban will be in effect

HRM reminds residents that provincial legislation (Section 139 of the Motor Vehicle Act) requires that people remove their vehicles from the streets, day or night, in the event of a snow or ice event. Vehicles obstructing snow removal or winter maintenance operations can be removed at the owner's cost, regardless of time or date.

HRM thanks you for your cooperation and patience. Working together we can have a safe and enjoyable winter season.

HALIFAX
REGIONAL MUNICIPALITY

For more information about the winter parking ban, service standards and priority streets

www.halifax.ca/snow

Twitter (@hfxgov)

490-4000

Gap between rich and 'us' growing: Report

"The process of paying CEOs is really quite incestuous."

HUGH MACKENZIE, ECONOMIST

The richest of the rich have gained more ground in Canada, and are now making 189 times the average Canadian wage, according to a new report.

The 100 highest-paid chief executives whose companies are listed on the S&P/TSX composite index made an average of \$8.38 million in 2010, according to figures pulled from circulars by the Canadian Centre for Policy Alternatives, a left-leaning think-tank.

That's a 27 per cent raise from the \$6.6 million average compensation for the top 100 CEOs in 2009, the report says. Meanwhile, regular Canadians, who made an average of \$44,366 working full time in 2010,

have seen their wages stagnate over the past few years. In 2010, after adjusting for inflation, average wages actually fell.

"The gap between Canada's CEO elite 100 and the rest of us is growing at a fast and steady pace, with no signs of letting up," says economist Hugh Mackenzie, author of the report.

The driving forces behind the inequality gap lie in the structure of executive compensation packages, Mackenzie says.

THE CANADIAN PRESS

Market moment

TSX	Dollar
+ 253.34 (12,208.43)	+ 0.58¢ (98.91¢ US)
OIL	Natural gas \$2.99 (+ 0.001¢)
+ \$4.13 US (\$102.96 US)	Gold \$1,600.50 (+ \$33.70)

PHOTO: AP/WIDEWORLD

RIM board may get new chair

Research in Motion shares soared Tuesday amid reports of a possible boardroom shakeup that investors hoped could lead to a turnaround or sale of the beleaguered BlackBerry maker. News reports say Mike Lazaridis and Jim Balsillie are considering relinquishing their titles as co-chairmen. They are also co-CEOs. THE CANADIAN PRESS

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HEY BILL, WHAT'S YOUR BEEF?

**JUST
SAYIN' ...**

PAUL SULLIVAN
METRO



It happens every year about this time.

When I'm asleep, someone sneaks into the bedroom and switches all my clothes for a size smaller, then removes the perfectly good mirror

hanging on the wall and replaces it with one of those funhouse mirrors that make you look fatter than you really are.

I'm not making this up. And, to be clear, it has nothing to do with Christmas cake.

I don't know who these people are or why this is their idea of a good time. All I know is that I have to go on a diet every year so I don't have to go naked. Which, if the funhouse mirror is any indication, would not be pretty.

There was a time "going on a diet" was simple and involved cottage cheese. Then that wasn't good enough and you had to have non-fat cottage cheese. Now,

according to the latest nutritional science, cottage cheese is a no-no, as dairy products are linked to cancer, heart disease, irritable bowel syndrome and Dutch elm disease.

Don't take my word for it. The head of the Harvard School of Public Health says it's "udderly ridiculous" for the USDA Food Pyramid to recommend three glasses of milk a day, and more than implies that the new

improved Pyramid, revised just last year, is as much a result of intense lobbying by the National Dairy Council and other food pressure groups as it is a product of nutrition science.

These guys play for keeps. Who can forget that the beef industry sued Oprah when she announced she was giving up red meat because it's bad for you (not to mention what it does to the cow)? And when they're not trying to herd Oprah, they're trying to get ketchup and fries declared daily servings of fruits and vegetables.

So if you can't trust the Food Pyramid, who can you trust? These days, if you believe nutritional gurus such as Michael Pollan ("Eat Food. Not too much. Mostly plants.") it's not enough to watch the cupcakes for a few weeks, you have to be born again, with vegetables.

The poster boy for the lifelong-mostly-plants-no-cheating-no-fun diet is none other than good old Bill Clinton who never met a Krispy Kreme or an intern he didn't like. Until he had heart-bypass surgery.

Have you seen him lately? America's First Vegan has come out the other side of the funhouse mirror and looks more like Lance Armstrong than the Pillsbury Doughboy.

If Bill Clinton can change his evil ways, anyone can.

So hallelujah and pass the garbanzos. These are gonna be my salad days, whether I like it or not.

Read more of Paul Sullivan's columns at metronews.ca/justsaying

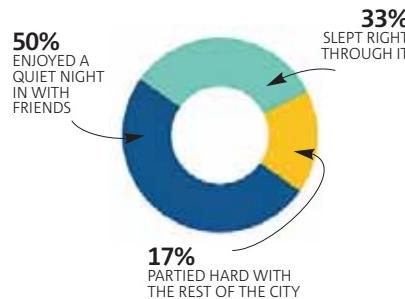


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On New Year's Eve, you ...



Local tweets



- **@jshannnn:** feeling like spring outside, just take it one season forward to summer and i'm good #halifax
- **@FeistyChef:** Perfect day for the opening of @Twoif-byseacafe Halifax! Sun is shining on the waterfront as my kids & I eat our pastries & watch the ferries
- **@Maaaaandy3:** Wow. #Halifax. 2degrees, sun shining, no snow.. grass is green! Lol this is January! I could live with this kind of "winter".
- **@k8ehowell:** I need to wear sunglasses more in January than I did in June #halifax
- **@htylerbennick:** Bus today smells like thick cologne and dust. #halifax

DIAMILA GROSSMAN/THE SALT LAKE TRIBUNE/THE ASSOCIATED PRESS

Daily Zoom



This cat really does have 9 lives

Janita Coombs plays with her cat, Andrea, at her Syracuse, Utah, home in the above photo.

The Utah city may put an end to its gas chamber after Andrea survived a shelter's two attempts to euthanize her. Animal-shelter volunteers were expected to appear at a West Valley City Council meeting Tuesday evening

to make the case for using lethal injections instead. Andrea had not been adopted for 30 days when shelter officials tried to put her to death in October.

She survived, so they gassed her again.

Shelter officials presumed she was dead when they put her in a plastic bag in a cooler.

She was later found alive.

THE ASSOCIATED PRESS

"It was just one of those things where they thought this cat obviously really wants to live.... Let's give it a chance to find a permanent home."

WEST VALLEY CITY SPOKESMAN
AARON CRIM TOLD THE SALT LAKE TRIBUNE

A will to live

- Shelter officials still aren't sure why the gassing failed to kill Andrea. The other cats with her in the euthanasia chamber that day all died.
- Volunteers say euthanasia by lethal injections of sodium pentobarbital would be more humane than the gas chamber, and also cheaper.

2
scene



American Idol finalist James Durbin has married longtime girlfriend Heidi Lowe in a New Year's Eve ceremony at the edge of a California redwood forest.

THE ASSOCIATED PRESS



Tim McGraw album "Emotional Traffic," at centre of recent court battle, to be released June 26.



► Bonnie Morgan plays Rosa in *The Devil Inside*.

Bringing hellfire back

► The Devil Inside is a return to classic possession movies ► Joins long line of spook shows

IN FOCUS

RICHARD CROUSE
SCENE@METRONEWS.CA



Demonic possession has been terrifying moviegoers for decades.

The Exorcist, the most famous fiendish film, created such a stir with audiences that in 1973 Newsweek ran a cover story entitled The Exorcism Frenzy. Complete with stories of queasy theatre-goers and their Exorcist barf bags, it

helped create hysteria and make the movie one of the biggest hits of the year.

The impact *The Exorcist* had on audiences has yet to be duplicated by any of the dozens of possession movies released in its wake, but this weekend's *The Devil Inside* is hoping to bring a little good old-fashioned hellfire back to theatres.

The devil, of course, is the star of any possession movie, even if you don't actually see him. What's more petrifying than the idea of Old Scratch taking over your body and making your head spin 360 degrees?

But what about the brave priests who battle Beelzebub? Here's a few cinematic celebrants who have gone mano-a-mano with Mephistopheles.

Father Lankester Merrin, as portrayed by Max von Sydow in *The Exorcist*, presided over the most famous Satan skirmish.

The statuesque Swedish actor played Merrin twice — he's seen in flashbacks in *Exorcist II: The Heretic* — while Stellan Skarsgård played him in two prequels.

The loopiest of devil hunters must be Father Pierre Barre (Michael Gothard) from the Ken-

Russell film *The Devils*. He is a corrupt and despicable holy man who convinces a group of terrified nuns to fake a mass possession with the words, "You will scream! You will blaspheme!" His other questionable methods include "forcible colonic irrigation" with holy water and torture.

Barre isn't the only real-life exorcist to be portrayed on film, however. Both *The Rite*, starring Anthony Hopkins as a real-life exorcist tutor and *The Exorcism of Emily Rose*, with Tom Wilkinson as a priest accused of murder when a young woman died.

during an exorcism, are based on true stories.

More fanciful is Leslie Nielsen as Father Mayii in *Repossessed*, an Exorcist parody co-starring Linda Blair, who played the possessed in the original film. When told she "has an ungodly voice and maniacal facial expressions" the skeptical Mayii replies: "That doesn't prove a thing! She could be related to Joe Cocker."

to Joe Cocker.

And finally, Beetlejuice has a different kind of exorcist. Michael Keaton plays a supernatural character called in as a "bio-exorcist" to rid a house of its human inhabitants.

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Celebrity tweets



Robyn Moore: Ka-ching!

The divorce between Mel Gibson and his wife of 30 years, Robyn Moore, was finalized just before Christmas after more than two years of negotiations, according to Entertainment Weekly.

While the details of the settlement are being kept confidential, sources say Moore walked away with half of Gibson's estimated \$850 million fortune.

She also retains custody of the couple's 12-year-old

\$850M While the details of the settlement are being kept confidential, sources say Moore walked away with half of Gibson's estimated \$850 million fortune.

son, Thomas. Moore filed for divorce in 2009 shortly after it was revealed that Gibson's then-girlfriend, Oksana Grigorieva, was pregnant. ■ METRO

A little R-E-S-P-E-C-T

Add Aretha Franklin to the growing list of celebrities who used the Christmas and New Year's holidays to get engaged.

The Queen of Soul is officially planning to marry Willie Wilkerson, her reps confirm to the Associated Press. "No, I'm not pregnant," 69-year-old Franklin joked. The couple plans to mar-



ry this summer in Miami Beach, with Wilkerson hosting a reception aboard a private yacht. ■ METRO

Hefner states the obvious for 2012

- Our boy Hugh takes an oath to avoid the institution of marriage this year
- 85-year-old Playboy founder says he 'missed a bullet' with Crystal Harris

THE WORD

DOROTHY ROBINSON
SCENE@METRONEWS.CA



After a tumultuous 2011 that saw his engagement to Crystal Harris (who I like to think of as a very low-rent Kardashian in her media manipulation) fizzle, Hugh Hefner, 85, is vowing to avoid marriage for 2012.



"This year has been a very interesting year for me. I almost got married," Hefner tells People magazine.

"And as Holly [Madison] — a dear friend and former

girlfriend — said, 'Well, you missed a bullet.' I think that's accurate. I am clearly not meant to be married. Married life isn't for me."

You'd think the man who is known as an inter-

national playboy and has called a mansion filled with frolicking naked women home for most of his life would have figured that out, oh, about 65 years ago.

No mini B yet

Rumours were flying last week that Beyoncé had given birth in New York just before Christmas, but clearly that wasn't the case, according to one onlooker who spotted the mother-to-be with husband Jay-Z on New Year's Eve in Brooklyn. "She was

"She looked amazing. She wore sky-high heels. It was really impressive for an enormously pregnant woman. She looked like she was about to give birth." SOURCE



definitely a pregnant lady that night," the source tells Us Weekly. ■ METRO

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www.universalpictures.ca

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3

life

Travel in brief



With all the fantastic food on board a first-class cruise ship, it may not be the ideal place to count calories. Only 10 per cent of cruisers worry they will gain weight on their vacation, says the Cruise Lines International Association. A major shipboard trend is the addition of more choice of restaurants and cuisines, especially on the new larger vessels, says North America's largest cruise industry organization. In a recent study, more than half of experienced cruisers ranked fine dining as the No. 1 benefit of a cruise vacation, says the association.

Three-quarters of consumers said they were looking for new and different dining experiences onboard ships, while 65 per cent also want traditional dining.

THE CANADIAN PRESS



Free ferry service from Galveston may be Lone Star State's best tourist bargain.

A taste of real Mexico

► Beyond the beaches and resorts of Mazatlan lies a world of natural beauty and quaint towns

THE TRAVELLIN' CANADIAN

DARREN PARKMAN

TRAVEL@METRONEWS.CA



Mazatlan, Mexico, is famous for its long-winding Golden Zone,

packed with tourists, resorts, and fantastic beaches, but beyond all the glitter lies a world of adventure rarely seen.

Soon after reaching the outskirts of town I was surprised how different and desolate greater Mazatlan really is when you leave the comfort of the all-inclusive resort.

In the middle of the back country we traded our air conditioned SUV, for roaring bush ATVs, and that's when the fun started. Here is a Mexico rarely seen.

Our guide warned us that the trails would be bumpy with a lot of large rocks and potholes.

There are potholes and then there are craters, which I soon found myself roaring through, as we made our way all through the dense jungle-like growth.

I felt privileged to catch a glimpse of the real Mexico, with beautiful scenery, peaceful rivers, and even the odd lazy lizard sunning itself.

As we roared on on our trusty quads, we suddenly emerged from the bush to find a great little Mexican village seemingly in the middle of nowhere.

The locals in this town, which we learned was called La Noria, couldn't have been more friendly, despite the fact we were invading their space like a group of Hells Angels bikers.

Young and old smiled, waved and even cheered as we roared down the main street.

It was almost like being in a time warp watching villagers fetching water from a well and tanning leather to make belts.



► Cathedral Basilica of the Immaculate Conception in Mazatlan is an 1875 church that was restored just a few years ago.



► ATVs are a great way to explore the backroads of Mazatlan. Just watch out for potholes!

This, in the end, turned out to be well worth the sore back and dusty

throat.

Our reward for making it through it all was a

whirlwind stop at the Blue Agave distillery. This, amigos, is where they

Other cool things to do in Mazatlan

► **Cathedral Basilica:** Visit the stunning Cathedral Basilica built in 1875. It was restored a few years ago and the interior is nothing short of spectacular. There is a lot of great architecture in this old part of town.

► **Mazatlan Aquarium:** One of the coolest Sea Lion shows you'll ever see, along with tons of exotic creatures including crocodiles, exotic birds and much more. acuariomazatlan.com

► **Estrella Del Mar Golf Course:** Rated one of the best golf courses in Mexico, this course was designed by Robert Trent Jones Jr. and combines great play with breathtaking scenery. estrelladelmar.com

make the fun juice.

This historic Tequila factory draws mucho tourists who observe the ancient process of making real tequila from the locally grown blue agave plant.

It is strong stuff. And I do mean strong!

Luckily I had a designated driver to take me back to the comfort of the Golden Zone and my cool little all inclusive hotel, the El Cid.

I've been pretty much all over Mexico, and can honestly say that Mazatlan ranks among my very favourite spots in this country.

Despite that the area has been given a bit of a bad rap recently with reports of increased gang crime, I felt perfectly safe walking the streets on my way to my favourite watering hole in all of Mexico, Joe's Oyster Bar!

This place is the perfect beachfront venue to cap off a busy day on ATVs in the bush.

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My favourite spot in Canada

JESSICA HOLMES: LAND O'LAKES REGION, ONT.

MATHEWINGRAM/Flickr

My family has been renting cottages in the Land O' Lakes region for more than 30 years. It's a tough area to describe, because the only towns nearby are likely ones too small to show up on most maps: Harlowe, Cloyne, Northbrook... So for arguments sake, let's just say it's in a heavily-treed area about three hours northeast of Toronto. Not to be mistaken for Muskoka, this area doesn't have five-star resorts. It's more like trailer parks and church bean bakes, but we decided it's home away from home for us, and last year we bought a trailer at the park where I've been cottaging every summer since I was a kid. What it lacks in prestige, it makes up for in serenity and convenience. It's our slice of



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Sails Feb 18/ncl. **UPGRADE** to oceanview stateroom
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Coffee time

► Coffee lovers are sure to enjoy this decadent lemon-and-coffee cake ► Use coffee in the cake batter and the icing to enhance its flavour



► This recipe makes 10 to 12 servings.

Preparation:

1 Heat oven to 180 C (350 F).

2 In a large bowl, cream butter with sugar. Beat in eggs, one at a time, and sour cream with an electric mixer. Stir in milk and set aside.

3 In a separate bowl, mix flour with baking powder. Blend into butter mixture gradually, beating until smooth. Add lemon juice and rind. Mix well.

4 Pour mixture into a 23-cm (9-inch) buttered round cake pan. Bake for 1 hour.

5 Let stand for 10 minutes and remove from pan.

6 Spread with Lemon Coffee Icing. Sprinkle cake with chocolate vermicelli to decorate.

7 To make Lemon Coffee Icing: Squeeze lemon juice into a small bowl and strain to remove

Ingredients:

- 500 mL (2 cups) sugar
- 125 mL (½ cup) softened butter
- 2 eggs, beaten
- 75 mL (½ cup) sour cream
- 250 mL (1 cup) milk
- 750 mL (3 cups) all-purpose flour
- 10 mL (2 tsp) baking powder
- Juice and rind of 1 lemon
- Chocolate vermicelli
- For Lemon Coffee Icing:
- Juice of 1 lemon
- 30 mL (2 tbsp) strong coffee
- 50 mL (¼ cup) softened butter
- 500 mL (2 cups) icing sugar

pits. In a food processor, cream lemon juice, coffee, butter and half the sugar. Whip in remaining sugar until mixture is thick and creamy. Spread cake with icing. Chill 2 hours before serving.

THE CANADIAN PRESS/
DAIRY FARMERS OF CANADA

Lost en route to success

► Now is the perfect time to gain a revived sense of direction ► Here's how



MEG
POPOVIC
TALENTEGG.CA

This week I received a random Facebook message from a former student of mine.

Degree completed, résumé drafted, his character is infused with endless potential. He's bright and charismatic, driven and ambitious. Bottom line: The guy's a total rockstar.

Yet, in his current post-graduation haze, he's at a complete loss of how to get to where he wants to go in his professional life...

Dear Dr. Popovic,

In our class last year you talked a lot about a person's life path. At the time, I was so immersed in my student life that it didn't really click. Now, it's several months after graduation, I'm back home and feeling really confused about my job prospects. I thought I would have the full-time career of my dreams, start paying off my debt and be so much farther ahead than I am now. I am ready to grow up and I am willing to do the work. I see BIG things for my life path, but I don't know the right directions to take NOW... Do you have any suggestions?

Thanks! JK

Although my student's destination is unique, his newfound professional reality is ubiquitous among recent grads: He's lost and needs a new map.

Oprah Winfrey stated that "luck is preparation meeting opportunity." The irony I've encoun-

tered with my current and former students is that it's always the most capable and positive students who come to crossroads in the early stages of their careers.

For these bright young people, I suggest using two viewpoints to navigate their life paths.

1

Life compass: Envision your direction

This is the big picture perspective on your life as a whole. It entails all of who you want to be. It's the professional, personal, social, health/fitness, economic, and spiritual intentions:

- What do you want to unfold in your life?
- What is a well-rounded, successful life for you?
- What are the opportunities you dream of?

A life compass points you in the direction that you aspire to go in your professional and personal life.

By considering these priorities and seeing them on paper, you will establish a stronger sense of purpose in your current and future endeavours.

Build your compass

► Craft a mind map that uses words to visualize, categorize and delineate ideas for your future.

► Create a vision board collage filled with images and words that connect to



► It's all in your mind: Picture the path you need to take in order to reach the finish line of your career fantasy.

2

Career GPS: Clarifying the routes

ward from in the current moment.

Most importantly, be willing to do the work to get yourself prepared. Assume that en route to your final destination, there are 'stops' along the way. It may take five to 10 years for you to be prepared for the arrival of this opportunity.

Continue asking yourself questions like these to explore possible routes for your career:

- What can you do now that builds the foundation for your future direction?
- What skills and experiences can you attain to be ready for the opportunity when it shows up?
- What certifications and education are required to be competitive for this dream position?

You have the opportunity to craft your route.

Write down these new ways of being and doing and post them where you can see them daily. Strive to see your destination with a heightened awareness.

MEG POPOVIC, PHD, IS A GROUP FACILITATOR, PUBLISHED AUTHOR, UNIVERSITY PROFESSOR AND LIFE COACH. TALENTEGG.CA IS CANADA'S LEADING JOB SITE AND CAREER RESOURCE FOR STUDENTS AND NEW GRADUATES.

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Donnelly takes reins of struggling Tigers

► Long-time assitant promoted to head coach while Belliveau shifts to GM ► Dalhousie hosts St. Thomas on Friday and Moncton on Saturday

 MATTHEW WUEST
@METRONEWS.CA

After years of being second in command, Chris Donnelly suddenly finds himself calling all the shots behind a hockey bench.

Donnelly, who spent the past 11 years as an assistant and associate coach with the Halifax Mooseheads, was officially named head coach of the Dalhousie Tigers on Tuesday after half a season as an assistant. Athletic director John MacDonald confirmed Pete Belliveau has shifted into a general management role after three-and-a-half years as head coach.

Donnelly said he's "excited" for the "great opportunity," and hopes to get the team back on track. The Tigers have lost 11 straight and sit last in Atlantic



► Dalhousie Tigers new head coach Chris Donnelly, pictured here during his time with the Halifax Mooseheads.

University Spot men's hockey with a 2-11-1 record.

"No one's happy with how the first half went — in any capacity," said Donnelly, who parted ways with the Mooseheads last

summer.

"We have a bunch of guys who are eager to get the second half going and erase all the bad memories from the first half."

The Tigers allowed more than 5.5 goals per game in

the first half, struggling after starting goalie Bobby Nadeau went down with an injury in his second start. Nadeau is healthy now, as are forwards Patrick Daley and Pierre-Alexandre Vandall, and that could make a difference.

"He's a top-notch goaltender, he had a great (QMJHL) career, and we're expecting a lot of big things from him," Donnelly said. "He's extremely focused and he wants to have a real good second half."

Dal is last in the eight-team circuit, eight points behind the sixth-place St. Francis Xavier X-Men for the final playoff spot.

"It's a league where no one will give you any wins and we're in really tough," Donnelly said. "We figure we need at least 10 wins to make (playoffs) a reality, so we'll go one at a time and see if we can't chip away."

Moose commit to Daigle after Terenzio setback

If the Halifax Mooseheads make a move before Saturday's QMJHL trade deadline, it won't be for a goaltender.

The Mooseheads confirmed on Tuesday that Marc-Olivier Daigle will remain with them for the rest of the season to serve as Zach Fucale's backup until 18-year-old Anthony Terenzio is healthy enough to play.

Daigle, a 17-year-old rookie, started three games between Christmas and New Year's Eve with Fucale away at the world under-17 challenge and went 2-0-1 while allowing 12 goals on 84 shots.

"Daigle has shown he can play at this level and he's been hard-working and loyal," said Mooseheads general manager Cam Russell. "It was keep him or trade for another goalie, and we want to keep our assets because if you want to make a trade down the road, we'll need them."

Terenzio, meanwhile, missed more than two months with a concussion after being injured on Oct. 21. He was on his way to recovery before doctors diagnosed him with mononucleosis over the holidays. The Mooseheads aren't expecting him to be back until February.

Russell, who swung four trades at last year's deadline, is happy with his team's fifth overall standing and is eager to see what his lineup can do with Martin Frk, Jonathan Drouin and Steve Gillard all play-

Atlantic finishes with win at U-17

Halifax Mooseheads forward Nathan MacKinnon had an assist and Springhill native Bronson Beaton scored twice as Team Atlantic beat the Czech Republic 4-2 on Tuesday to finish seventh at the world under-17 hockey challenge in Windsor, Ont.

MacKinnon finishes the tournament with a goal and three assists in five games. Fellow Mooseheads rookie Ryan Falkenham had an assist in five games.

Team Quebec, featuring Mooseheads goalie Zach Fucale and forward Jonathan Drouin, lost 5-4 in overtime to Team Pacific on Tuesday to finish fifth. ■ METRO

ing. He said he is wary of "upsetting the balance" of the team with trades.

"We've received some good offers, we've made some good offers, and it's wait and see right now," Russell said. "We'll weigh all of our options and make some decisions maybe in the next day or so or on Saturday."

■ MATTHEW WUEST

Healthy Upshaw close to Rainmen return



RYAN TAPLIN/METRO FILE

Christian 'T-Bear' Upshaw is on his way back to the National Basketball League of Canada hardwood after a two-month absence.

The rookie guard from Halifax has recovered from a broken bone in his elbow and will likely make his return to the Rainmen lineup next week. He suffered the injury in the third

minute of his first game on Nov. 3.

Upshaw was cleared to play on Tuesday morning.

"He's been conditioning and stuff but he's going to need some time to get back in the groove," said Rainmen owner Andre Levingston. "I didn't think he was going to make it back this season, but these

young guys are healing overnight and we're happy about that for sure."

The Rainmen, second in the NBL Canada at 11-4, have won eight straight games and host the Ottawa Power — who they've beaten three times during their hot streak — on Thursday at 7 p.m.

■ MATTHEW WUEST

NEED COOL DESIGN TIPS?
Read metrohome every Thursday.



4Motion

The R comes with VW's 4Motion all-wheel-drive system. During ideal road/weather conditions, all of the R's power is directed to the front tires, however when they begin to slip, up to 100 per cent of the torque shifts to the rear wheels.

Obviously the R is a true driver's car and that means a firm-riding, body-roll-reducing suspension, added braking power and a businesslike interior with well-bolstered front seats (covered in leather), aluminum pedals and a leather-wrapped steering wheel.



Volkswagen's pumped up kicks

 **MALCOLM GUNN**
DRIVE@METRONEWS.CA
WHEELBASE MEDIA

When it comes to constructing the "hot-hatch" Golf R, Volkswagen certainly knows a thing "R" two.

The automaker is able to call up the requisite fire-power and related performance content from its parts bins to build the kind of machine that will attract new fans to the brand that might otherwise end up at a Mitsubishi, Subaru or BMW/Mini store.

Volkswagen has been down the high-output road with the Golf before, specifically for the 2008 model year with the short-lived (and not for Canada) R32, with its 250-horsepower V-6 and all-wheel-drive. Now the automaker returns in early 2012 with yet another pumped-up Golf-based

model designed to thrill and delight the North American masses, or at least those who appreciate a tightly-proportioned vehicle that can haul like the dickens in every sense of the word.

For Canadian consumption, there's a total allocation of 500 R models and all are four-door hatchbacks.

Other cars might make more content available, from blind-spot warning systems to intuitive/active cruise control, but the Golf R is having none of it. It concentrates on enriching the driving experience through generous helpings of power without ballooning the price through indiscriminate applications of luxury fluff and superfluous safety gadgetry.

On that basis alone, the R is tough to beat.

Transmission

The R's sole transmission is a six-speed manual, which is somewhat surprising given that the German automaker already builds a faster-shifting state-of-the-art paddle-operated manual gearbox for use in other Golf models.

Still, VW claims that the stick-shift R will hit 100 km/h in less than six seconds, which is quick enough for most folks. Be advised, however, that the R takes premium fuel.

Engine

The engine is a turbocharged 2.0-litre four-cylinder generating 256 horsepower and 243 pound-feet of torque. By comparison, the GTI, now relegated to being the second sportiest Golf on the lot, also comes with a 2.0-litre turbo-four, but it's rated at 200 horsepower and 207 pound-feet of torque.

Credit for the R's extra spunk goes to the turbocharger system that delivers considerably more boost than the GTI's.



By comparison

Subaru Impreza WRX STI

Base price: \$39,900
Rally-bred all-wheel-driver available in sedan and wagon formats.

Mitsubishi Evolution

Base price: \$43,600
Lancer-based sedan closely matched with Subaru WRX STI.

Mini Cooper JCW

Base price: \$39,000
Peppy, FWD hatch is a salute to Mini's half-century racing heritage.

WHEELBASE MEDIA

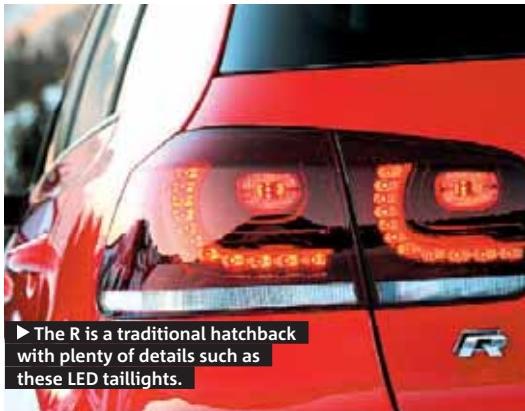


VW Golf R



What you should know about the 2012 Volkswagen Golf R:

- Types: Four-door, all-wheel-drive compact hatchback.
- Engine (hp): 2.0-litre DOHC I4, turbocharged (256).
- Transmission: Six-speed manual.
- Market position: By its very nature, the Golf R will be a limited-production model designed to bring attention to the Golf line in general, and specifically to Volkswagen's expertise in creating high-performance automobiles.
- Mileage: L/100 km (city/hwy) 12.0/8.5 (est.).



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Infiniti's shot at best-of-the-best sedans

SECOND GEAR

 JUSTIN PRITCHARD
DRIVE@METRONEWS.CA

Comprising the top-end of Nissan's luxury brand, the last-generation Infiniti M-Series models were available to Canadian shoppers from 2006 to 2010.

Big and luxurious, the M models were Infiniti's shot at some of the best flagship sedans from BMW, Audi and Lexus.

Look for a plethora of high-end features and world-class comfort and design.

2006 to 2010 Infiniti M



Engine

Power came from a 3.5-litre V-6 or a 4.5-litre V-8 — hence the "35" or "45" in the vehicle's name. Output from the V-6 was rated between 275 and 297 horsepower, while the V-8 generated between 325 and 335, depending on the year. Automatic transmissions were standard, and AWD was available.

What owners like

Owners typically rave about an exceptional interior, high comfort levels, performance, and a great-sounding engine. A high relative value factor and a long list of high-tech toys round out the positives.

What owners dislike

Owner complaints typically centre around fuel mileage, a "fussy" Bluetooth interface, road noise and a stiff ride on some models.

Common issues

Double check for proper operation of all electronic toys — including the navigation system, Bluetooth interface, stereo system and intelligent key. If a xenon headlamp is burnt out, negotiate to have it replaced before purchase, as they aren't cheap.

Verdict

No major or systematic issues related to the M's drivetrain were apparent — and most known issues should be easy to diagnose and repair.

Consider a used M35 and M45 alongside models like the BMW 5-Series and Audi A6.

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In accordance with the Warehouseman's Lien Act, there will be sold by public auction the abandoned properties stored at Storage Inn Self Storage, 3490 Prescott St., Halifax, N.S. The auction will take place on **Wednesday, January 11, 2012** starting at 10:30 am at 3490 Prescott Street, Halifax, N.S. and at subsequent sales until sold. The personal effects and belongings of the following tenant will be sold:

Corinne Strangward	Unit 1150
Kent Bonamy	Unit 1273
Walter Coombs	Unit 2160
Elizabeth Herritt	Unit 1099

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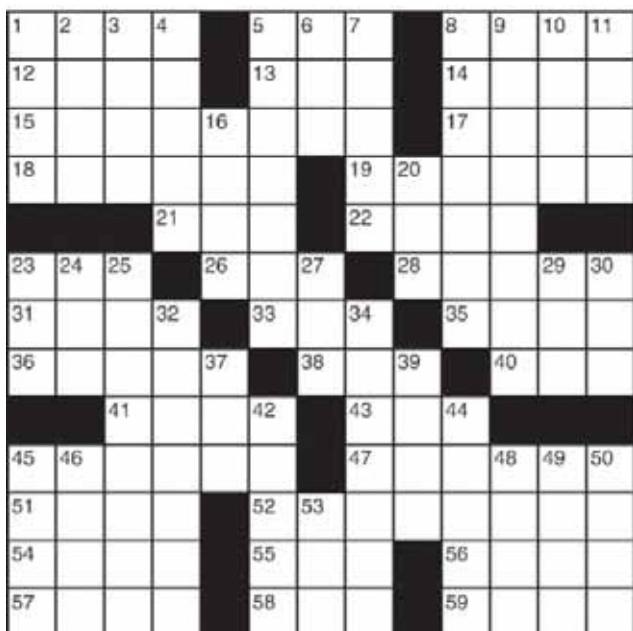
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Crossword

Across

- Gaucho's weapon
- Apprehend
- "Little Women" woman
- Related (to)
- Ostrich's cousin
- La Scala solo
- Back to zero, on "Wheel of Fortune"
- Bantu language
- Grommet
- Small church
- Listener
- Warmth
- Despondent
- Water barrier
- Place for a watch
- Overly proper one
- Fleur-de- —
- Unmatched
- Supermarket section
- Mimic
- Big Apple abbr.
- Freeway access
- Blond shade
- Fluffy dessert
- Paycheck increases
- Swiss mountains
- All of a sudden
- Ceremony
- Bill and —
- Agony
- Throw
- "In what way?"
- Curved molding



Down

- Movie about a pig
- Fine
- Fragment of dialogue
- Monitor location,
- maybe
- On neither side
- Pump up the volume
- Sundance's pal
- Charity events
- Volcanic outbreak
- Mah-jongg piece
- Drag behind
- Peruse
- Chop
- Hot tub
- "Entourage" role
- Causes chaos, maybe
- Actress Farrow
- Crafty
- Sleuth, slangily
- Optician's product
- Small songbird
- Type measures
- Birthright barterer
- Clingstone, e.g.
- Zoo favourite
- Shopping centre
- Medley
- Unescorted
- Author Wiesel
- "Auld Lang —"
- Halloween shout



For today's crossword answers and for expanded horoscopes, go to metronews.ca

Aries March 21-April 20 Why are you trying so hard to prove yourself? You should be comfortable with who you are and what you can do.

Taurus April 21-May 21 It would appear there is something that you have missed, a small but important detail that has been overlooked.

Gemini May 22-June 21 Can you believe what your inner voice tells you? Of course you can.

Cancer June 22-July 22 You need to read between the lines today, then you are more likely to discover what the real issues are.

Leo July 23-Aug. 23 Someone

you think you can trust will make what seems like a reasonable suggestion today, but if you act on what they say you may regret it.

Virgo Aug. 24-Sept. 22 Honesty is a must today, especially when dealing with people in positions of authority.

Libra Sept. 23-Oct. 23 You know what it is you want to be doing but you can't seem to make a start.

Scorpio Oct. 24-Nov. 22 Whatever good ideas you have today and tomorrow you would be wise to keep them to yourself for the time being.

Sagittarius Nov. 23-Dec.

If you stay cool and act rationally today you won't go far wrong.

Capricorn Dec. 22-Jan. 20 The more outrageous your ideas today the better.

Aquarius Jan. 21-Feb. 18 Your thoughts will be all over the place today, so hold off making any hard and fast decisions.

Pisces Feb. 19-March 20 Loved ones may want what is best for you, but what if it does not coincide with what you want for yourself? Well then you'll have to get tough and tell them you'll be going your own way. And mean it.

• SALLY BROMPTON

Sudoku

9		7	4		1			
3	1	9	5	2	6			
2		5	3		4			
3	4	8	6					
7		2	1		5			
5	6	1	7	3	2			
8	6	9	4					

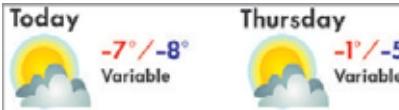
How to play

Fill in the grid, so that every row, every column and every 3x3 box contains the digits 1-9. There is no math involved. You solve the puzzle with reasoning and logic.

Yesterday's answer ►



5	9	2	6	1	7	8	3	4
4	3	1	9	8	2	6	7	5
7	6	8	4	5	3	2	1	9
6	1	3	5	4	9	7	8	2
9	2	5	7	3	8	4	6	1
8	7	4	2	6	1	5	9	3
2	8	7	3	9	5	1	4	6
3	5	6	1	7	4	9	2	8
1	4	9	8	2	6	3	5	7



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You write it!

WIN! Write a funny caption for the image above and send it to play@metronews.ca — the winning caption will be published in tomorrow's Metro.

Today's horoscope

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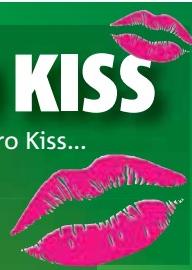
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Him

Today is a good day, a brand new day. Feeling great. Broken heart healed, whew, finally, cried too, too many times. Scared, my adults, so much so, they surrounded me with their life to distract me while healing continues. Thank You, Creator, for you only know how to fix me. Even tho, I may not recognize right away eventually I get the message. This world is not about my personal needs its about redeeming self thru good work! Thank You! for another day in your crazy creation! ;)

FROM HER

You already broke my Heart

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